

NUTRITION

Eating Well During Cancer Treatment

A nutritious diet is always vital for your body to work at its best. Good nutrition is even more important for people with cancer. Patients who eat well during treatment are able to cope better with the side effects of treatment. A healthy diet can help keep up your strength, prevent body tissues from breaking down and rebuild tissues that cancer treatment may harm. When you are unable to eat enough food or the right kind of food, your body uses stored nutrients as a source of energy. As a result, your natural defenses are weaker and your body cannot fight infection as well. Yet this defense system is especially important to you because cancer patients are often at risk of getting an infection.

What Kinds of Food Do You Need

A good rule to follow is to eat a variety of different foods every day. No one food or group of foods contains all of the nutrients you need. A diet to keep your body strong will include daily servings from these food groups:

1. Fruits and Vegetables

Raw or cooked vegetables, fruit and fruit juices provide certain vitamins and minerals the body needs.

2. Protein Foods

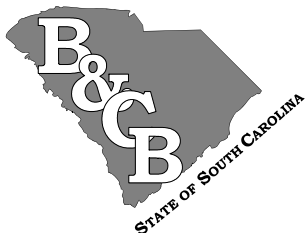
Protein helps your body heal itself and fight infection. Meat, fish, poultry, eggs, milk and cheese give you protein as well as vitamins and minerals.

3. Grains

Grains, such as bread, pasta, rice and cereals provide a variety of carbohydrates and B vitamins. Carbohydrates provide a good source of energy, which the body needs to function well.

4. Dairy Foods

Milk and other dairy products provide protein and many vitamins and are the best source of calcium.



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